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› [Fit King FT-091A-S Wireless Rechargeable Leg Compression Boots User Manual](#)

Fit King FT-091A-S

Fit King FT-091A-S Wireless Rechargeable Leg Compression Boots User Manual

Model: FT-091A-S | Brand: Fit King

INTRODUCTION

The Fit King FT-091A-S leg compression boots are designed to accelerate recovery and enhance performance through dynamic air pressure massage. This device utilizes 360-degree dynamic air pressure across four large chambers to mimic tissue kneading, improving blood circulation and relieving pain and edema. It provides immediate relief after intense physical activity.

These boots are rechargeable and wireless, equipped with a powerful 2500 mAh battery, offering up to 3-4 hours of operation on a full charge. Their portable design, including a carrying bag, allows for convenient use anywhere, from your car after a hike or run to relaxing on your couch.

The versatile leg massager features 12 intensity levels (adjustable pressure 40-150 mmHg), an adjustable timer from 15 to 60 minutes, and 4 zone controls (foot, lower leg, upper leg, thigh). It offers 3 modes with 10 professional massage programs that simulate human hand massage to cater to various recovery needs, providing professional sports recovery, leg pain relief, and daily relaxation.

A smart sensor system and zone control technology ensure the Fit King leg compression machine adjusts pressure and inflation volume precisely according to your leg size, providing a safe and customized massage experience. This system is adaptable for different areas and treatment types, including single-leg treatment, allowing customization for individual and family needs.

SAFETY INFORMATION

Please read the safety instructions carefully before use. Failure to follow these guidelines may result in injury or damage to the device.

- Do not use the device if it is damaged.
- Do not use on injured or irritated skin.
- Do not use for more than 30 minutes at a time.

- Do not use while driving or operating machinery.
- Keep out of reach of children.

SETUP

Before first use, ensure all components are present and in good condition.

Package Contents:

- 2 x Massage Sleeves
- 1 x Control Unit
- 1 x Carrying Bag
- 1 x User Manual
- 1 x Quick Start Guide

Exquisite Packaging

2 Massage Sleeves	1 User Manual
1 Control Unit	1 Quick Start Guide
1 Carrying Bag	24 hour Online Service



Image: Contents of the Fit King Leg Compression Boots package, showing the two massage sleeves, the control unit, the carrying bag, and the included user manual and quick start guide.

Sizing Information:

The Fit King FT-091A-S is size S, suitable for individuals between 155 cm and 176 cm (approximately 5'1")

to 5'9") tall. For optimal fit, refer to the size chart below and measure your inseam from heel to the uppermost part of your thigh.

Available In Three Sizes

Refer to the size chart to choose the right size based on individual height.

Size	Upper Thigh	Inseam	Height
Small	Up to 27.5"	26"- 31"	5'1" - 5'9"
Medium	Up to 29"	29"- 34"	5'10" - 6'2"
Large	Up to 32.5"	34"-36"	6'3" - 6'6"

How to Measure Your Inseam?

Please measure from heel to the upper most part of your thigh for accurate fit.

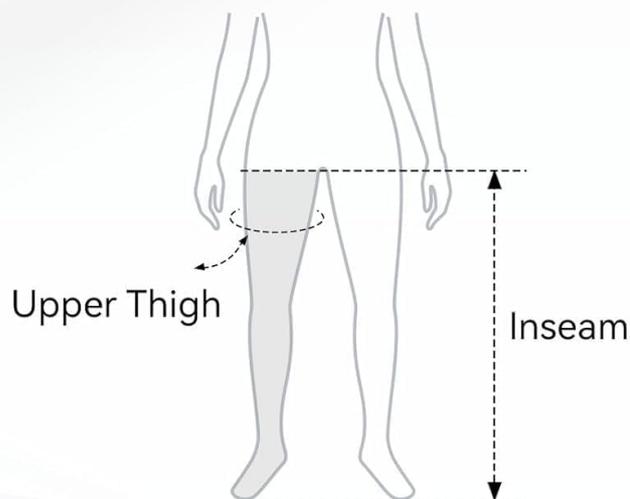


Image: A size chart detailing dimensions for Small, Medium, and Large boots, along with a diagram illustrating how to accurately measure your inseam for the best fit.

Charging the Device:

Before initial use, fully charge the control unit. Connect the charging cable to the control unit and a suitable power source. The battery indicator on the LCD screen will show charging progress. A full charge provides 3-4 hours of operation.

OPERATING INSTRUCTIONS

To use the Fit King leg massager, follow these steps:

1. **Wear the Boots:** Place the massage sleeves on your legs. Ensure they are comfortably snug but not overly tight. Adjust the straps for optimal comfort.
2. **Power On:** Press and hold the power button on the control unit to turn on the device. The LCD screen will illuminate.
3. **Select Mode:** Choose your desired massage mode. The device offers 3 modes with 10 professional massage programs. Refer to the Quick Start Guide for detailed descriptions of each program.
4. **Adjust Intensity:** Select one of the 12 intensity levels (40-150 mmHg) using the intensity control

- buttons. Start with a lower intensity and gradually increase to a comfortable level.
5. **Set Timer:** Adjust the massage duration from 15 to 60 minutes using the timer buttons.
 6. **Zone Control:** Utilize the 4 zone controls (foot, lower leg, upper leg, thigh) to target specific areas for massage. You can choose to treat different areas or even a single leg.
 7. **Start Massage:** Press the start button to begin the compression massage.
 8. **Power Off:** Once your session is complete, press and hold the power button to turn off the device.



Relieve Pain & Fresh Legs Faster

 Low-noise Ultimate Massage

 Enhance Sleep Quality

 Promote Blood Circulation

Image: A user comfortably positioned on a bed, demonstrating the use of the Fit King leg compression boots for pain relief and faster leg recovery.

Ultra-Long Battery Life

Battery Capacity
2500 mAh

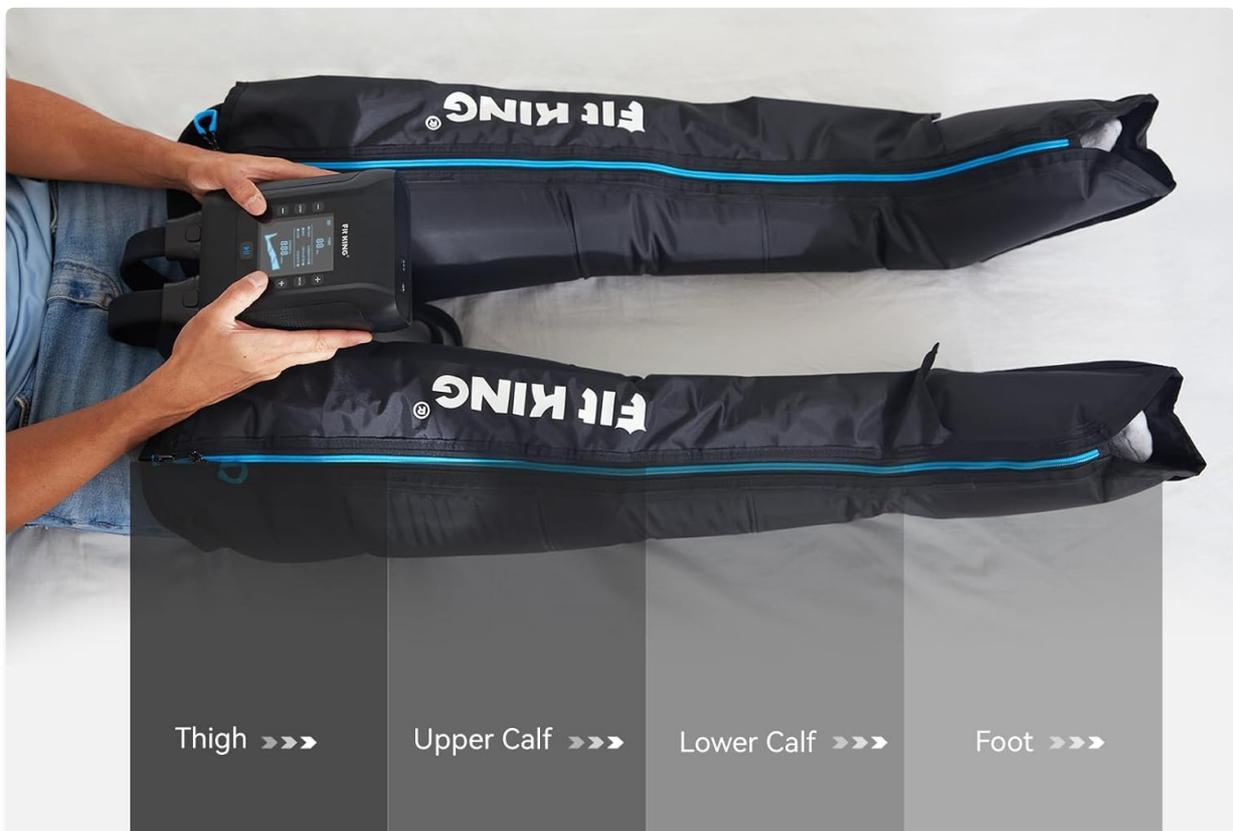
Battery Life
Up to 4H

Fast Charging Time
2.5H

Weight
2.29 lbs Controller
(Total weight: 9.2 lbs)



Image: A detailed view of the Fit King control unit, displaying the LCD screen with current settings for time, massage mode (e.g., Combination, Circulation, Sequence), and intensity level.



Professional Compression Boots

- 4** -Zone Control: Customize Time & Pressure in a Particular Zone
- 12** -Intensity Levels: 40-150 mmHg
- 10** -Time Options: 15-60 Minutes
- 3** -Massage Modes: Sequence, Circulation, Combination

Image: The Fit King professional compression boots laid out, with clear labels indicating the four distinct massage zones: Thigh, Upper Calf, Lower Calf, and Foot, along with a summary of customizable settings.

MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your Fit King leg compression boots.

- **Cleaning:** Wipe the massage sleeves and control unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in its carrying bag in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To maintain battery health, charge the device regularly, even if not in frequent use. Avoid completely draining the battery before recharging.

TROUBLESHOOTING

If you encounter any issues with your Fit King leg compression boots, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on	Low battery; Power button not pressed correctly	Charge the device; Press and hold the power button for a few seconds
No compression or weak compression	Hoses not properly connected; Intensity level too low; Air leakage	Ensure all hoses are securely connected; Increase intensity level; Check boots for any tears or damage
Device stops unexpectedly	Battery depleted; Session timer ended	Recharge the device; Reset the session timer or restart the massage
Uncomfortable pressure	Intensity level too high; Boots not adjusted correctly	Decrease intensity level; Re-adjust the boots for a comfortable fit

If the problem persists after trying these solutions, please contact Fit King customer support.

SPECIFICATIONS

Feature	Detail
Brand	Fit King
Model Number	FT-091A-S
Target Body Part	Legs
Power Source	Battery Powered
Battery Capacity	2500 mAh
Battery Life	Up to 3-4 hours
Material	Nylon
Color	Black
Special Features	LCD Screen, Smart Sensor System
Intensity Levels	12 (40-150 mmHg adjustable pressure)
Timer Settings	15-60 minutes
Massage Modes	3 modes with 10 professional programs
Product Dimensions (L x W x H)	40 x 31 x 15.5 cm
Product Weight	4.38 kg (Total weight 9.2 lbs)

WARRANTY AND SUPPORT

Fit King is committed to providing high-quality health products and excellent customer care. Your Fit King

leg compression machine comes with a 24-month warranty.

For any questions, technical support, or warranty claims, please contact Fit King customer service. Refer to the contact information provided in your Quick Start Guide or visit the official Fit King website for assistance.

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